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Institution Recipes Are Acclaimed

Victoria McKibben

Iowa State College

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Institution Recipes

Are Acclaimed

Victoria McKibben discusses the large quantity recipe file compiled by Miss Lenore Sullivan

IN HOSPITALS, college dining halls, tea rooms, church kitchens and school cafeterias throughout the country, Miss Lenore Sullivan's Quantity Recipe File is the source of many attractive, appetizing menus. The only one of its kind, the file has gone through four printings which totals 5,850 sets, and has been shipped to every state in the Union.

The story of the recipe file is a part of the recent history of the Institution Tea Room because the recipes were compiled for its use and their popularity has been tested by the reaction of Tea Room patrons.

In 1932, Miss Sullivan, instructor in the Institution Management Department, started compiling a group of standardized recipes suitable for class work. She needed recipes available to all students. They had to be the kind that could be prepared in the short two hours of laboratory before noon, and it was necessary for them to be simple enough, with sufficiently clear directions, that women with no large quantity of cookery experience could produce a palatable product the first time they prepared it. They had to be almost foolproof for a beginner. Fulfillment of these unusual requirements accounts for the wide use of the recipes now.

Recipes from numerous sources served as the nucleus for the file. Women in the class brought their favorite family recipes and under Miss Sullivan's direction, ingredients were increased to serve 25, then 50, as they now appear. At that time the beginning large quantity cookery students received lessons in experimental work.

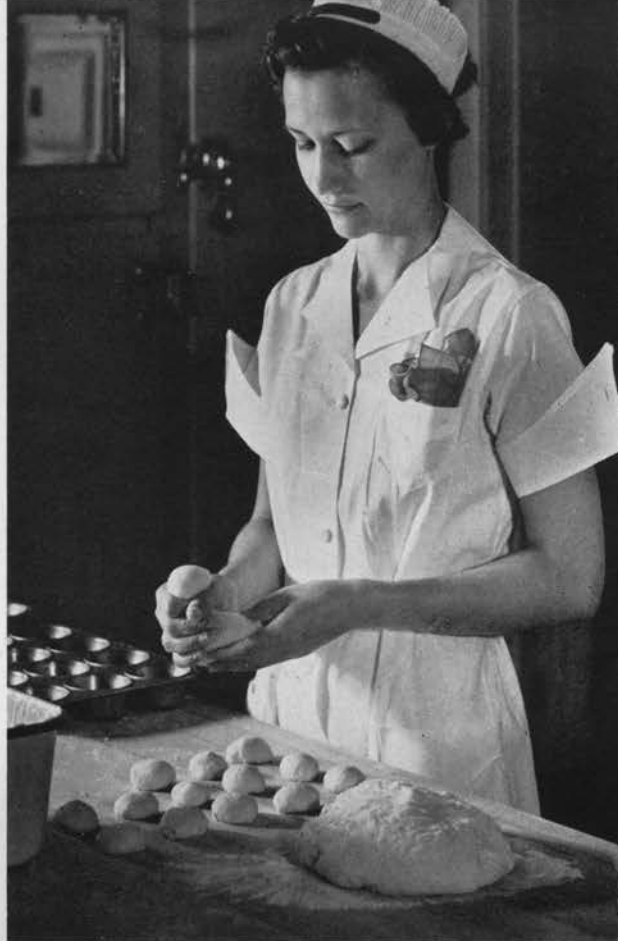
The daily Tea Room guests, students in the class and home economics faculty members served as excellent judges of the foods prepared. After five years of work on the basic recipes in the Tea Room the first edition of the recipe file was published on the campus by the Collegiate Press.

As outside demand for the original recipe file rose, it was reprinted. The popularity of the file, causing its wider use in institution work, made it advisable to enlarge it. Many dishes other than the luncheon foods, of which it was composed for the Tea Room, were added in the second revision. Recipes for griddle cakes and waffles were repeatedly requested and were added to the bread section of the third edition.

The card of holiday suggestions which serves as a key to recipes appropriate for each holiday, is an innovation. On Valentine's Day, Queen of Heart Tarts may be served to Iowa Staters eating in the Tea Room, and they may eat Shamrock Salad on St. Patrick's Day.

The large quantity experimental class has worked out electric mixer methods for all baked products.

The recipes are printed on durable white cards with ingredients boxed off in the upper right hand corner



Dressed in spotless white, this quantity cookery student prepares yeast rolls which she will later serve in the Tea Room

for clarity. Quantities of food are listed both in weight or amount and measure.

The design of the cards is unique. The number of servings and the quantity yield from the recipe are noted. Directions for cooking, garnishing and serving are stated in logical order in numbered steps.

An average of 100 guests daily place reservations for luncheon at the Institution Tea Room in the Home Economics Building, where these food formulas were proved. Luncheons are served five days a week in the quietly decorated dining room. The Tea Room always has been self-supporting, and any income above the food and overhead costs is used for replacements and improvements.

Students in the quantity cookery class spend two periods a week working in the Tea Room. They plan and assign the work, prepare and serve the food and clean up the kitchen. In this way they learn the elementary processes in large quantity food production. They also make out food cost sheets and prepare a profit and loss statement for each meal. For Christmas, Easter and other special occasions, the students make appropriate table decorations as part of their class work.

Two students not in the quantity cookery class act as hostess and cashier in the Tea Room, and a graduate student often supervises the dining room service.

The author of the file, Miss Sullivan, was a student dietitian at the Mayo Clinic in Rochester, Minnesota. She apprenticed at the Commons at the University of Washington, Seattle.

After serving as food director for a women's dormitory at Montana State College, Bozeman, she came to Iowa State on a fellowship. She received her master of science degree in 1929.